

Benefits of Walking 30+ Minutes a Day

Builds confidence & mental well-being

Aids restful sleep

Boosts your immune system

Helps you breathe more efficiently

Helps relieve stress

Strengthens the heart

Improves circulation

Improves flexibility of joints & muscles

Promotes weight loss

Lowers blood pressure & cholesterol levels

Gives you more energy when you're tired

Builds strength in muscles & bones



FUN FACTS ABOUT WALKING

Walk 30+ minutes a day

Every minute of walking can extend your life by 1½ to 2 minutes!

Walking just 30 minutes a day can burn off as much as 5 to 10 pounds of fat per year.

To burn off 1 plain M&M candy, you need to walk the full length of a football field.

Walking is the most popular form of exercise in the U.S.

WALKING

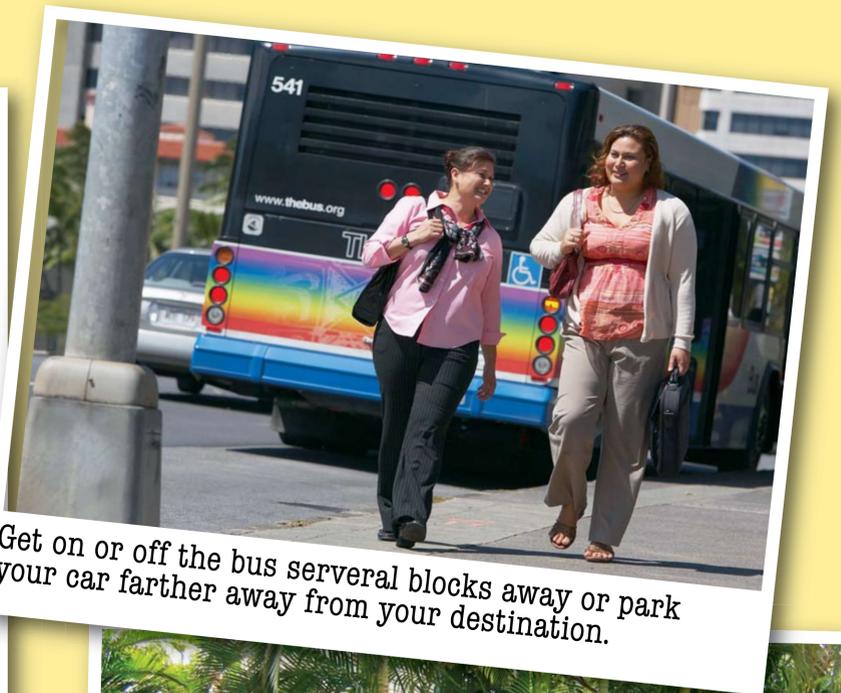
Easy steps to getting 30+ minutes a day



Walk 10 minutes three times per day.



Take 10 – a walking break, instead of a coffee break.



Get on or off the bus several blocks away or park your car farther away from your destination.



Take the stairs.



Walk in a swimming pool or on the beach. It's easier on the joints.



Call a friend to walk. When you set up an appointment, you are more likely to follow through.

Walking will make you look and feel better. Walking actually gives you energy. Notice how much better you feel at the end of a walk.



Walk the dog. Rover is a walking machine with hair.

